Recept geschikt voor: porties | **Moeilijkheid:** ♕ ♕
Voorbereidingstijd: 15 min | **Bereidingstijd:** 50 min | **Totale bereiding:** 65 min

Bertyn producten: Veggie Protein Bloc - Wheat

Vegetarian stew with basmati rice, soya sauce and seitan

Ingrediënten

- 1 Veggie Protein Bloc – Wheat
- 1 kilo Carrots
- 10 Mushrooms
- 1 Leek
- 1/2 Celeriac
- 200 g Fresh radish sprouts
- 1 tablespoon Vegetable bouillon
- 4 Bay leaves
- 5 cloves Garlic
- 4 tablespoons Oil (Amanprana Coconut + Olive + Red Palm)
- 2 tablespoons Wild garlic pesto
- 125 g Basmati rice
- 1 l White wine
- 2 l Water
- 1 tablespoon Herbs (Amanprana ORAC Botanico-mix, spicy)

- 2 tablespoons Soya sauce
- A pinch Black pepper

Bereiding

1. Rinse the leek, carrots and mushrooms.
2. Peel the celery and cut into equal pieces.
3. Heat up a large pan (7 l or bigger) with a little oil in it.
4. Unwrap the seitan, carefully squeeze it out and then cube the seitan.
5. Peel and dice or cube the garlic.
6. Cook at a high temperature for 5 to 10 minutes, then add the vegetables and fry gently for another 10 minutes.
7. Cool with white wine and cook on high for another 5 minutes or so.
8. Then add the water, the bay leaves and the vegetable bouillon.
9. Taste, and if you prefer your stew a little spicier, add more Botanico-mix.
10. Cook slowly, for a delicious low carb stew.
11. Cook the stew for 25-30 minutes over medium heat.
12. Check occasionally whether the vegetables are cooked. They should be al dente.
13. After 10 minutes add the basmati rice and let it cook.
14. Once the vegetables are done, remove from the heat and season the stew with the wild garlic pesto, soya sauce, pepper and the herbs and allow to draw for 5 minutes.
15. Finally, add the fresh radish sprouts, stir quickly and serve the vegetarian stew warm.